

Cansados de esperar una ordenanza en las rutas de los camiones

Los residentes del suroeste de Detroit piden a los funcionarios de la ciudad que hagan cumplir las leyes de tráfico existentes

Esta historia fue publicada originalmente en Planet Detroit. Por Nina Ignaczak

Cynthia Méndez está cansada de vivir con el ruido, las vibraciones y el hollín del tráfico constante de camiones que pasan por su casa en Livernois en el suroeste de Detroit. El estruendo la despierta por la noche, las vibraciones le han causado daños a los cimientos de su casa, y el hollín se acumula en su vehículo

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Weary of waiting for a Truck route ordinance

Southwest Detroit residents ask city officials to enforce existing traffic laws



Administrators from across the City of Detroit visit a home on Livernois that is heavily impacted by truck traffic cutting through the residential neighborhood. The visit was part of a bus tour organized by the Southwest Detroit Community Benefits Coalition designed to allow officials to experience firsthand the impact of truck traffic on Southwest Detroit residents. Photo by Nina Ignaczak.

This story was originally published in Planet Detroit. By Nina Ignaczak

Cynthia Mendez is tired of living with the noise, the vibrations and the soot from constant truck traffic coming past her home on Livernois in Southwest Detroit. The rumbling wakes her up at night, the vibrations have caused damage to the foundation of her home, and the soot cakes up on her vehicle and the outside of her house.

Mendez and neighbors Thomasenia Weston, Amanda Holiday, and Eugenia Sanchez told their stories to a bus tour organized by the Southwest Community Benefits Coalition for city and state officials Wednesday. Representatives from the Michigan Department of Transportation and leaders from across city government

cont on pg.6

Biden, “The Comeback Kid”



Por José López Zamorano

El diccionario define el término anglo “The Comeback Kid” como una persona que demuestra repetidamente la propensión a superar las caídas o las malas rachas, y recuperar la popularidad o lograr la victoria. Y en Estados Unidos existe una especial fascinación por las historias de superación de la adversidad, lo mismo en la vida personal, en la arena deportiva o en la tarima política.

La frase “esto no se acaba, hasta que se acaba”, atribuida a la leyenda del béisbol estadounidense Yogi Berra, resume una filosofía personal enraizada en la cultura de los Estados Unidos: nunca darse por vencido en la adversidad porque es posible que, con esfuerzo o suerte, las cosas cambien a nuestro favor.

Por supuesto no se trata de una idea única o exclusiva de la cultura norteamericana. En Gran Bretaña, el mítico primer ministro Winston Churchill, un hombre universalmente

reconocido por su don de liderazgo y por una retórica sagaz, dijo alguna vez: “No tengo la intención de ser enterrado hasta estar muerto”.

Y todo esto viene al caso porque apenas hace unas semanas, una gran cantidad de analistas políticos habían prácticamente escrito el epitafio político del presidente Joe Biden, argumentando las malas noticias económicas, la inflación, los precios de la gasolina, la falta de avances legislativos, su baja popularidad y mucho más.

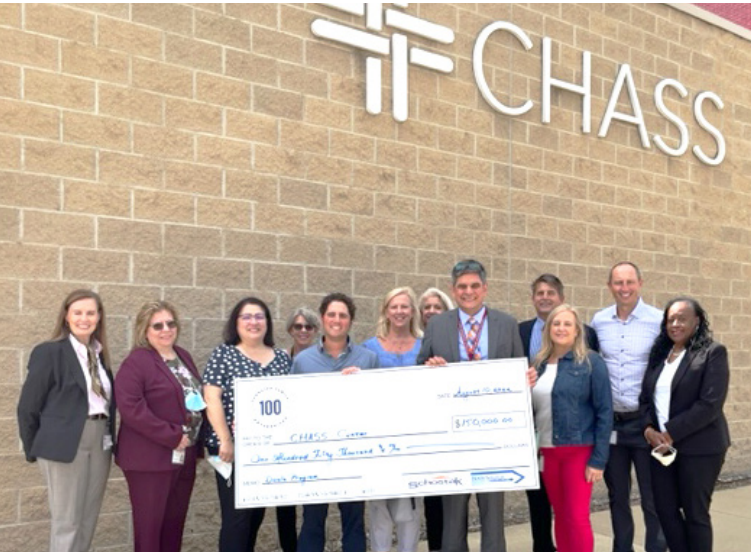
Algunos analistas incluso empezaron a barajar la posibilidad de que Biden no se presentara como candidato presidencial demócrata en las elecciones del 2024, y empezaron a buscarle un sucesor o sucesora, como la única manera de detener la posibilidad del regreso de Donald Trump a la Casa Blanca.

Pero a menos de 3 meses de las elecciones de noviembre y a 2 años de las presidenciales, Biden empezó a reunir todas las

Continúa en la pág. 3

CHASS Center Receives Gift to Launch Community Doula Program

Funding From Schostak Brothers Supports Vital Maternal Health Initiative in Southwest Detroit



CHASS Center CEO Dr. Felix Valbuena, Jr., MD (fifth from right) is joined by Center staff and representatives of Schostak Brothers and Co. to receive the \$150,000 check to support the Center's Community Doula Program.

Community Health and Social Services (CHASS) Center Inc. in Southwest Detroit announced it received a \$150,000 gift from Schostak Brothers & Co. to launch a community doula program at the Center. The gift provides the funding needed to integrate the CHASS Center Community Based Doula Program as part of its prenatal care services to bolster positive maternal physical and emotional health outcomes in Southwest Detroit. The gift, a part of Schostak's 100th Anniversary Community Giving Campaign, was announced at CHASS Center on August 10th during National Health Center Week (August 7-13).

cont on pg.3

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Cafecito Alvarez Brings Traditional Mexican Coffee Flavors to Southwest Detroit

By Bianca Garcia

Coffee is a long-honored tradition in Mexico, and favorites like cafe de olla and cafe con canela are found in almost every home. Those traditional Mexican beverages with a modern twist are now available in Southwest Detroit at Cafecito Alvarez.

Sisters AnaLisa, Adriana, Alicia, and Alondra Alvarez, along with their father Raul, debuted their new venture this past Saturday at their “Sip and Shop Picnic” event at 1325 Military St. next to their family’s tienda, Alvarez Party Store.

Born with the mind of entrepreneurs, the Alvarez sisters host small business pop-ups which feature 15-25 local small businesses. Now in its third year, Sip and Shop is host to dozens of makers who sell jewelry and traditional Mexican clothing and cooks who make everything from birria tacos to tostadas de tinga. Now the events will also feature coffee from Cafecito Alvarez.

After almost a decade of working as a barista, sister AnaLisa, the driver behind the idea, says she always wanted to open her cafe and offer specialty Mexican drinks.

Combining their Mexican traditions into a modern drink was part of AnaLisa’s creative plan. After weeks of working on beverages and perfecting recipes, the sisters held a coffee tasting party where friends, family, and coffee enthusiasts could taste drinks and give them feedback.

Some new drinks include Cafecito de horchata, an iced latte with horchata, Cafecito de mazapan, a homemade iced latte with homemade mazapan syrup, and cafecito de olla made into a cold brew are just some of the unique flavors—all vegan-friendly and non-dairy milk available.

“I’ve always dreamed of having my own coffee business and bringing a small coffee shop vibe into the neighborhood,” Alvarez said.

“Alvarez Party Store has a lot attached to the business,” said AnaLisa, “so my family figured it would serve as the perfect place for us to host small businesses to come and vend.”

Though they’re starting small, AnaLisa says she hopes to grow. “A goal of ours is to be able to expand and maybe get a trailer.” For now, Cafecito Alvarez will be available at “Sip and Shop” events and available for hire. You can contact them via direct message on Instagram @ CafecitoAlvarez.



Sisters AnaLisa, Adriana, Alicia and Alondra Alvarez, host small business pop-ups and also feature coffee from Cafecito Alvarez



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CHASS Center

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“We are incredibly grateful for the generous support of Schostak Brothers & Co. in making it possible to bring our doula program back to CHASS Center,” said Felix M. Valbuena, Jr., MD, FAAFP. “With a fulltime staff of three doulas, our program will provide support services for to up to 60 patients per year.

The integration of the doulas into our healthcare team, coupled with the delivery of culturally and linguistically competent maternity care, will result in increased pre and postnatal visit rates and help to decrease pregnancy-related complications in our community.”

The doulas will work closely with medical providers and collaborate with other community health workers, breastfeeding educators, registered dietitians, and behavioral health staff at CHASS Center to provide comprehensive resources for prenatal and postnatal health and wellness support. The program will also support infant health by educating new moms on infant feeding and connect families to CHASS Center as their medical home for preventive screenings and immunizations.

Moms-to-be will be referred to Labor and Delivery at Henry Ford Health Main Campus. CHASS Center is partnered with HFH Obstetrics for support, including Labor and Delivery for approximately 400 women annually. Additionally, the community-based doulas will support coordination of care, including transportation to CHASS Center and HFH Main Campus. The projected start date for the doula program is Fall 2022.

In a statement, third generation Schostak Brothers, Bobby, David and Mark Schostak said “We deeply admire CHASS Center’s vision, passion and mission to provide comprehensive, accessible and affordable healthcare services in southwest Detroit. The service and support they provide is critically needed in our present-day circumstances.

We are honored to aid CHASS Center in launching their in-house doula program and support their diligent efforts and commitment to the overall wellbeing of our community.”

In June 2022, Schostak Brothers & Company announced that they will mark their 100th anniversary with a community giving campaign to distribute \$1 million across impactful Detroit-based nonprofit organizations. Selected from a range of nonprofit sectors including neighborhoods, workforce development, education, health and entrepreneurship, the goal of the initiative was to select organizations based on their work in Detroit, the city where the company was founded a century ago.

The gift recipients have been chosen through an extensive selection process involving Schostak employees, with the intent to help the charities complete a current project or start a new phase while shining a light on each organization’s efforts to reach other potential donors. Additional funding recipients will be announced throughout Schostak’s anniversary year, in coordination with each organization’s projects and initiatives.

CHASS Center is part of a nationwide network of health centers that serve more than 30 million people. In Michigan, health centers serve more than 709,000 patients at more than 330 sites throughout the state. CHASS Center accepts patients of all ages and work with the uninsured to insured, including Medicaid and Medicare.

The Community Health and Social Services (CHASS) Center, Inc. is a community-based, not for profit organization formed to develop, promote, and provide comprehensive, accessible and affordable quality primary health care and support services to all, with special emphasis on the underserved African-American and Latino populations. CHASS is committed to the overall well-being of the community.



Jessica Jackson, CHASS Registered Nurse Midwife with patient during a routine prenatal care visit, performing a nonstress test (NST) to monitor the baby's heartbeat

Latino Candidates Nearly Sweep August Primaries

In a surprising and exhilarating result, Latino legislative candidates in Michigan swept to victory on August 2nd and the new state legislature that will be seated in January 2023 is assured to have increased Latino representation.

In a strong showing, State Representative Mary Cavanagh (D-Redford Township) captured the newly drawn 6th State Senate seat that runs from Northwest Detroit through Redford Township and Livonia to Farmington and Farmington Hills. Mary is the current Chair of the Legislative Latino Caucus and bested both the Mayor of Farmington Hills and a strong candidate from Detroit.

State Senator Erika Geiss (D-Taylor) won a tight race over a candidate from Detroit and a former state representative from Allen Park in the newly drawn 1st District that runs from Taylor through Southgate, Lincoln Park and Allen Park to Corktown in Detroit.

In an even closer race, Veronica Paiz won for State Representative in an Eastside District that covers from St. Clair

Shores through Harper Woods to the Eastside of Detroit. Veronica is currently on the Harper Woods City Council and serves as Secretary of the Democratic Party Hispanic Latino Caucus.

As expected, State Senator Sylvia Santana (D-Detroit) won her party’s nomination easily in a District that runs from west of Central Ave. in Southwest Detroit through Dearborn to Dearborn Heights.

All these Latinas represent heavily Democratic Districts and are expected to win easily in the general election in November.

The only Latino candidate who lost in the primary was Henry Yanez (D-Sterling Heights) who was running in the newly drawn 10th Congressional District in Northern Macomb County.

Now, the focus shifts to two candidates who won uncontested primaries on August 2nd but face very stiff challenges in the November general election.

First, there is State Representative Darrin Quiroz Camilleri (D-Trenton) who is running in the newly drawn State Senate seat that runs from Grosse Isle through Wyandotte, Trenton,



By: Steve Walker

Gibraltar, Brownstown Township and Huron Township to Romulus. Darrin has been a very popular State Representative but this new seat haws been drawn to be evenly divided between Democrats and Republicans. No doubt, this race will draw statewide attention and plenty of outside money.

Secondly, there is State Representative Alex Garza (D-Taylor) who is finishing his second term. Alex will be competing in a totally redrawn house district that covers Taylor and runs south into Monroe County. He has drawn a big-name opponent and this again is an evenly drawn district.

So, the battle continues, but the future looks bright indeed.

Steve Walker has been active in politics since 1962. He is a retired Political Science professor from Wayne County Community College, a member of the state Democratic Hispanic Latino Caucus and a long-time treasurer of the Wayne County Spanish Speaking Democrats.



State Representative Alex Garza



State Representative Darrin Quiroz Camilleri

Biden, “The Comeback Kid”

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características que definen a un “Comeback Kid”, una hazaña política que empieza a parecerse al triunfal regreso de Bill Clinton de la total adversidad tras su juicio político, para luego ganar las elecciones presidenciales de 1996.

En el lapso de unas semanas, el panorama luce muy distinto: La inflación fue cero en el mes de julio, el precio del galón de la gasolina se redujo a menos de \$4 por galón, Wall Street se recupera y los demócratas lograron aprobar por si solos la

ley de reducción inflacionaria que resultará en millones de empleos verdes, menos costos de energía, la extensión de Obamacare hasta 2025 y la renegociación del precio de las medicinas bajo el programa Medicare.

Antes, los demócratas se unieron a los republicanos para aprobar una legislación bipartidista sobre las armas de fuego, la primera aprobada en más de 30 años, la Chips Bill para incentivar la producción de microprocesadores y la Pact Act, a fin de dar un bien merecido

respaldo y cobertura médica a veteranos de guerra.

Es cierto que la popularidad de Biden sigue siendo baja, pero el presidente ya está planeando una gira por más de 20 estados del país para mostrarle a los votantes que a sus casi 80 años él puede ser un “Comeback Kid”, pese a la adversidad, todos podemos lograr una hazaña similar con nuestras vidas.

Y dar resultados es el mejor lubricante para alentar la participación política.



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Belle Isle, Detroit

Belle Isle, Detroit



When we think about Belle Isle, its relationship with Manhattan’s Central Park, or Brooklyn’s Prospect Park, can be ignored, however, this relationship is closer than it seems, since its landscaper and designer was Frederick Law Olmsted along with his partner Calvert Vaux.



Frederick Law Olmsted was born in Hartford, Connecticut on April 26, 1822, descendant of a family of farmers. He was a journalist and writer for the New York Times, with an important research about social criticism on slavery. He was sent to the south of the United States, mainly in Texas to write about it.



Influenced by his roots as a farmer, and his parents’ sophisticated taste for gardening, in 1852 he published the book Walks And Conversations Of An American Farmer In England, the result of his trip to the old continent in 1850, when he visited Birkenhead Park, designed landscape by the artist Joseph Paxton.

Although Central Park was a project proposed by the landscape architect Andrew Jackson Downing, who died in 1852, the project remains

unfinished. In 1861, Frederick Law Olmsted and Calvert Vaux are in charge of the project, which is led by Olmsted who remains as director, looking for his egalitarian ideals to permeate the project as a public recreation area.

Downing introduced Calvert Vaux and Frederick Olmsted who in 1865 formalized their association with the landscaping company: Olmsted, Vaux & Co, company with which the Belle Isle project was carried out.



The state of Michigan was annexed in 1837, and the creation of the park was in 1845 from a picnic, which recognized it as a state park. However, it was not until 1880 that it was decided to hire Frederick Law Olmsted to make this small island the garden of the Detroit community, although in the end, only some aspects of the plan designed by Olmsted were preserved.



The park has elements that make it an exceptional place, such as the only marble lighthouse in the entire country. Within Belle Isle you can find lagoons, playgrounds for children, the beach area for bathers, areas for hiking, bike paths, and the lagoons to enjoy the luxurious Detroit Yacht Club. As well as the Anna Scripps Whitcomb Conservatory Botanical Garden and Greenhouse. Belle has hosted the Kite Festival as well as the Chevrolet Grand Prix.

The park is connected to the city through the MacArthur Bridge, which has an architectural design that recalls the bridges of Paris and other cities of outstanding beauty.

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DEL MUNDO

Belle Isle, Detroit

Belle Isle, Detroit

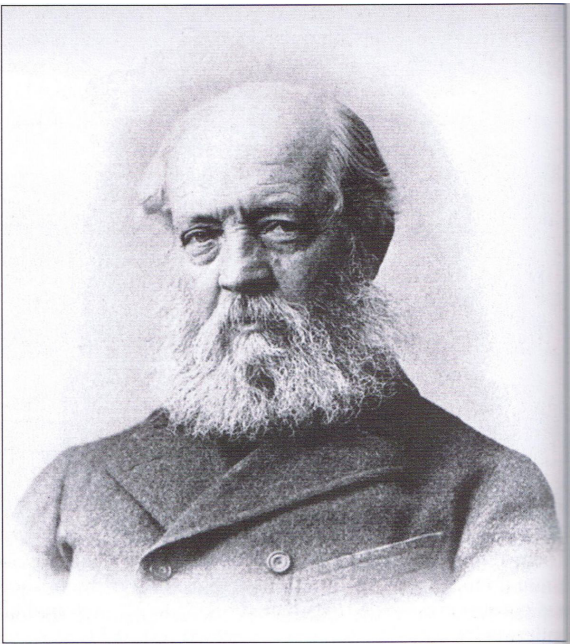
C u a n d o s e
piensa Belle Isle se
puede desconocer
la relación que éste
tiene con el Central
Park de Manhattan,
o el Prospect Park de
Brooklyn, no obstante,
su relación es más
cercana de lo que
parece, ya que su
paisajista y diseñador
fue Frederick Law
Olmsted junto con su
socio Calvert Vaux.

Frederick Law
Olmsted nació en
Hartford, Connecticut
el 26 de abril de 1822
descendiente de una
familia de campesinos.



Se desarrolló como
periodista y escritor
para el New York
Times, con temas
de investigación y
crítica social sobre
la esclavitud, siendo
enviado al sur de
los Estados Unidos,
principalmente en
Texas.

Influido por sus raíces como campesino, y el sofisticado gusto por la jardinería de sus padres, En 1852 publica el libro Paseos y conversaciones de un granjero americano en Inglaterra, producto de su viaje al viejo continente de 1850, cuando visitó el Birkenhead Park, del paisajista Joseph Paxton.



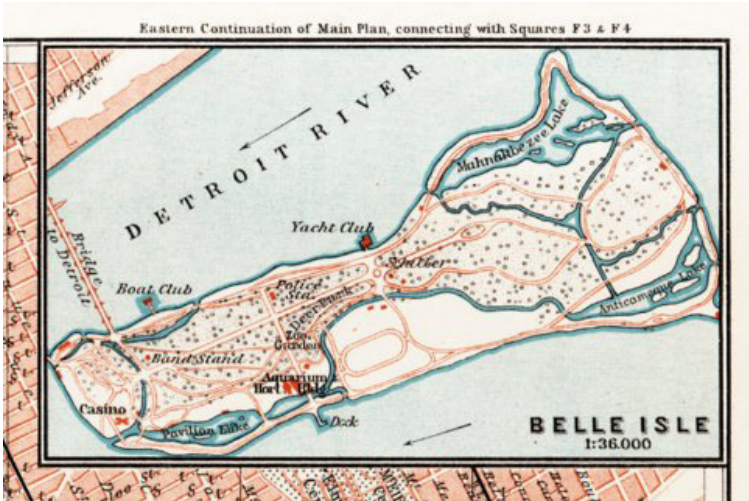
A pesar de que el Central Park fue un proyecto propuesto por el arquitecto, paisajista Andrew Jackson Downing, quien murió en 1852, quedando el proyecto inconcluso. En 1861, Frederick Law Olmsted y

Calvert Vaux quedan a cargo del proyecto, mismo que es liderado por Olmsted quien queda como director, buscando que sus ideales igualitarios permearan el proyecto como una zona de recreación pública.

Downing presentó a Calvert Vaux y a Frederick Olmsted quienes para 1865 formalizaron su asociación con la empresa de paisajismo: Olmsted, Vaux & Co, empresa con la que se llevó a cabo el proyecto de Belle Isle.



El estado de Michigan fue anexado en 1837, y la creación del parque fue en 1845 a partir de un picnic, que lo reconoció como parque estatal. Sin embargo, no fue sino hasta 1880 que se decidió contratar a Frederick Law Olmsted para que esta pequeña isla se convirtiera en el jardín de la comunidad de Detroit, aunque al final, sólo se conservaron algunos aspectos del plan diseñado por Olmsted.



El parque tiene elementos que lo hacen un lugar sin duda excepcional, como es el único faro de mármol de todo el país. Dentro de Belle Isle se pueden encontrar lagunas, jardines de juego para niños, la zona de playa para bañistas, zonas para practicar senderismo, ciclovías, y las lagunas para disfrutar del club lujoso de Detroit Yatch Club. Así como el jardín botánico e invernadero Anna Scripps Whitcomb Conservatory. Belle ha hospedado al festival de papalotes o cometas, así como el Chevrolet Grand Prix.

El parque se conecta a la ciudad a través del puente MacArthur Bridge, mismo que tiene un diseño arquitectónico que rememora los puentes de París y otras ciudades de destacada belleza.

Sigue cada semana en EL CENTRAL nuestro

ESPECIAL CULTURAS DEL MUNDO,

by Mariana Ayón RV

Camiones

Con't de pg. 1
y en el exterior de la casa. Méndez y las vecinas Thomasenia Weston, Amanda Holiday y Eugenia Sánchez contaron sus historias en un recorrido en autobús organizado por la Coalición de Beneficios Comunitarios del Suroeste para funcionarios municipales y estatales, el miércoles. Representantes del Departamento de Transporte de Michigan y líderes de todo el gobierno de la ciudad aprovecharon el día para recorrer el vecindario, donde experimentaron de primera mano el impacto del tráfico de camiones en los residentes del vecindario. Mientras intentaban compartir sus experiencias sobre cómo se vive con el tráfico constante de camiones, las mujeres fueron interrumpidas cada pocos minutos por el rugido de los furgones que pasaban a solo unos metros del patio delantero de Weston. Después de que pasó uno de los camiones, Weston exclamó: “¿Escuchaste eso? Tranquilo. Así es como se supone que debe sonar”.

La contaminación acústica es un factor estresante conocido que puede causar presión arterial alta, pérdida de audición y falta de sueño. Un estudio de 2021 de la Universidad de Michigan en el suroeste de Detroit encontró que los residentes estaban expuestos a niveles de ruido de hasta 70 decibelios (dB) por el tráfico de camiones. La Agencia de Protección Ambiental de los Estados Unidos estableció un nivel de 55 dB para proteger la salud pública y el bienestar en áreas residenciales, y además el escape de diésel contiene partículas que pueden causar dolor de cabeza, mareos e irritación de los ojos, la nariz y la garganta, así como agravar el asma. Los vecinos esperaban que a estas alturas la ciudad finalmente hubiera adoptado una ordenanza de rutas de camiones que prohibiera que los éstos atravesaran los vecindarios residenciales. La exmiembro del consejo del Distrito 6, Racquel Casteñeda-López, estuvo trabajando en dicha legislación,

basándose en años de activismo comunitario y un estudio de ingeniería de Giffels-Websters de 2021. Entre otros elementos, el estudio recomienda enrutar los camiones hacia el sur que bajan de Livernois a Vernor, evitando el vecindario residencial al sur de Vernor. Pero la legislación aún estaba bajo revisión por el Departamento Legal de la ciudad de Detroit cuando Casteñeda-López dejó el cargo en enero. El abogado de la corporación, Conrad Mallett, le dijo en un comunicado a Planet Detroit que el Departamento Legal aún no había preparado una ordenanza final y que “el Departamento de Obras Públicas se involucró cerca del final del mandato anterior del Consejo Municipal e identificó que cualquier ordenanza de camiones tendría que estar en toda la ciudad para que fuera apropiado”. Andrew Bashi, un abogado del Centro de Derecho Ambiental de los Grandes Lagos que ha estado trabajando con Weston, le dijo a Planet Detroit que la ciudad ha encontrado múltiples razones para retrasar la acción en los últimos siete años. “No es justo que la gente siga esperando cuando esto es algo que los afecta todos los días, afecta su salud y afecta la seguridad de todos en su hogar y su comunidad”, dijo. La residente del suroeste, Deb Sumner , le dijo a Planet Detroit que ella y sus vecinos han estado pidiendo a los gobiernos estatales y municipales que aborden el problema durante más de 40 años. “No crea que nosotros, como comunidad, no hemos estado pidiéndole a la ciudad durante muchas décadas rutas designadas para camiones y una mejor calidad del aire”, dijo Sumner. “Hay una forma más saludable de apoyar el negocio y proteger a su gente. Debería ser de sentido común”. Aunque la concejal entrante del Distrito 6, Gabriela Santiago-Romero, ha indicado que la ordenanza es una prioridad legislativa, aún no se ha presentado. En un correo electrónico, el analista de políticas Ray Duncan



From left to right: Thomasenia Weston, Cynthia Mendez, Eugenia Sanchez and Amanda Holiday

le dijo a Planet Detroit que la concejal Santiago-Romero está “trabajando activamente con socios de la comunidad y la administración y convocará un grupo de trabajo para impulsar la legislación de rutas de camiones”. Pero eso podría demorar hasta la próxima primavera, según un correo electrónico de julio de Duncan obtenido por Planet Detroit, porque “la ordenanza no solo afectaría el área suroeste sino también la ciudad en su conjunto y necesita más aportes de departamentos adicionales, incluidos los socios de la comunidad.” Sánchez, Weston y Holiday están cansadas de esperar. Quieren ver acción ahora. Como mínimo, dijo Holiday, le gustaría ver la aplicación de las leyes de tránsito existentes, que prohíben que camiones de cierto tamaño circulen por la calle residencial de 7 p. m. a 7 a. m. “Creo que eso es lo primero: ¿podemos al menos hacer que no los despierte a las dos de la mañana el ruido de un camión? Y creo que si asustamos [a los operadores de camiones] con un ‘recibirás una multa si no escuchas esto’ y lo hacemos constantemente durante una semana o dos, los alejará. La experiencia de Bashi lo confirma. Presentó una queja a través del sistema de mejora de Detroit de la ciudad en julio pasado en nombre de Weston, lo que llevó a las fuerzas del orden público de la ciudad a emitir infracciones a los conductores de camiones. Recuerda que Weston lo llamó entre lágrimas porque su calle estuvo, por un corto tiempo, tranquila. El indulto duró poco. Una vez que se detuvo la aplicación de infracciones, los camiones regresaron. *Nina Misuraca Ignaczak es una periodista galardonada y la fundadora, editora y editora ejecutiva de Planet Detroit.*

Traducción por Carmen Elena Luna

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Truck route

Con't from pg. 1
took the day to tour the neighborhood, where they got to experience the impact of truck traffic on the neighborhood’s residents first-hand. While attempting to share their experiences living with constant truck traffic, the women were interrupted every few minutes by the roar of semi-trucks passing just feet from Weston’s front yard. After one of the trucks passed, Weston exclaimed, “You hear that? Quiet. That’s how its supposed to sound.” Noise pollution is a known stressor that can cause high blood pressure, hearing loss, and sleep deprivation. A 2021 University of Michigan study in Southwest Detroit found that residents were exposed to noise levels as high as 70 decibels (dB) from truck traffic. The United States Environmental Protection Agency set a 55 dB level to protect public health and welfare in residential areas. And diesel exhaust contains particulate matter that can cause headache, dizziness, and irritation of eyes, nose and throat, and exacerbate asthma. The neighbors had hoped that by now the city would have finally adopted a truck route ordinance forbidding trucks to cut through these residential neighborhoods. Former District 6 council member Racquel Casteñeda-López was working on such legislation, building on years of community activism and a 2021 Giffels-Websters Engineering study. Among other items, the study recommends routing southbound trucks coming down Livernois to Vernor, avoiding the residential neighborhood south of Vernor. But the legislation was still under review by the city’s Law Department when Casteñeda-López left office in January. Corporation Counsel Conrad Mallett told Planet Detroit in a statement that the Law Department has not yet prepared a final ordinance and that “the Department of Public Works was engaged near the end of the prior City Council term and identified that any truck route ordinance would need to be citywide to be appropriate.” Andrew Bashi, an attorney with the Great Lakes Environmental Law Center who has been working with Weston, told Planet Detroit that the city has come up with multiple reasons to delay action over the past seven years. “It’s not fair for people to keep waiting when this is something that impacts them every single day – impacts their health and affects the safety of everyone in their household and their community,” he said. Southwest resident Deb Sumner told Planet Detroit that she and her neighbors have been asking state and city governments to address the issue for more than 40 years. “Don’t think we as the community haven’t been asking the city for many decades for designated truck routes and better air quality,” Sumner said. “There’s a healthier way to support business and protect your people. It should be common sense.” Although incoming District 6 council member Gabriela Santiago-Romero has indicated that the ordinance is a legislative priority, it still has not been introduced. In an email, policy analyst Ray Duncan told Planet Detroit that Santiago-Romero is “actively working with community partners and the administration and will be convening a working group to push the truck routes legislation forward.” But that could take as long as until next spring, according to a July email from Duncan obtained by Planet Detroit, because “the ordinance would not only impact the southwest area but the city as a whole and needs further input from additional departments including community partners.” Sanchez, Weston, and Holiday are tired of waiting. They want to see action now. At a bare minimum, Holiday said, she’d like to see enforcement of the existing traffic laws, which prohibit trucks of a certain size from traveling the residential street from 7 p.m. to 7 a.m. “I think that’s the first thing – can we at least have them not be woken up at two in the morning by a rumbling truck? And I think if we scare [truck operators] with a ‘you’re gonna get a ticket if you don’t listen to this’ and just consistently do it for a week or two, and it’ll drive them away. Bashi’s experience bears this out. He submitted a complaint via the city’s Improve Detroit system last July on behalf of Weston, prompting city law enforcement to issue violations to truck drivers. He recalls Weston calling him in tears because her street was, for a short time, quiet. The reprieve was short-lived. Once enforcement stopped, the trucks came back. *Nina Misuraca Ignaczak is an award-winning journalist and the founder, publisher, and executive editor of Planet Detroit.*

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Aloha Casserole

Ingredients

- 1/2 cup brown sugar
- 1/2 cup low-sodium soy sauce
- 1 teaspoon garlic, plus more to taste, minced
- 3/4 cup low-sodium chicken broth
- 1 1/2 cups instant white rice, uncooked
- 1/2 cup red onion, diced
- 1 red bell pepper, chopped
- 1 (20-ounce) can pineapple tidbits in juice, juices reserved
- 1 pound chicken breasts or chicken tenderloins, boneless, skinless, thinly sliced, and diced into bite-sized pieces
 - cilantro, optional, chopped, for garnish
 - bacon, optional, cooked, diced, for garnish

Directions

Ready In:
1 hours and 10 minutes
Step 1
Preheat the oven to 425 degrees F.
Step 2
Spray an 11x7-inch baking

dish with cooking spray.
Step 3
In a large bowl, whisk together the brown sugar, soy sauce, garlic, and chicken broth.
Step 4
Add the uncooked rice, onion, bell pepper, pineapple tidbits (including their juices), and the chicken breasts.
Step 5
Pour the mixture into the prepared baking dish.
Step 6
Cover the baking dish tightly with foil.
Step 7
Bake for 50 minutes.
Step 8
Uncover the dish and stir the mixture.
Step 9
Bake until the chicken is cooked through at 165 degrees F internally and the rice is tender, for about 10 minutes.
Step 10
Let the casserole cool for 5 minutes.



Step 11
Serve topped with cilantro and bacon.

Tropical Smoothie

Ingredients

- 1/2 cup milk or almond milk, or pineapple juice for a more pronounced pineapple flavor
- 1 cup frozen pineapple
- 1 cup frozen strawberries
- 1 banana, frozen, about 3/4 cup
- 1/2 cup low-fat vanilla or plain yogurt

Directions

Ready In:
5 minutes

Step 1
Add the milk, pineapple, strawberries, banana, and yogurt to a high-power blender.
Step 2
Blend until smooth.
Step 3
Serve.



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Johnny Depp volverá a dirigir una película 25 años después

Johnny Depp dirigirá una nueva película, titulada “Modigliani“, 25 años después de rodar “The Brave”, adelantó este lunes el medio especializado The Hollywood Reporter.

El filme, que comenzará a rodarse en Europa la próxima primavera, está coproducido por Al Pacino y su reparto aún no ha sido revelado.

La trama del filme, basada en la obra teatral de Dennis McIntyre, cuenta las turbulencias en la vida del artista Amedeo Modigliani durante la segunda década del siglo XX hasta convertirse en una leyenda de la pintura y escultura italiana.

“La vida de Modigliani tuvo grandes dificultades, pero también un triunfo final. Se trata de una historia universalmente humana con la que todos los espectadores pueden identificarse”, reveló Depp, según la información de The Hollywood Reporter.

La obra teatral original será adaptada por Jerzy y Mary Kromolowski y volverá a unir en la producción a Al Pacino y al iraní Barry Navidi, una dupla que trabajó de manera conjunta en películas con una notable acogida por parte de la crítica como “The Merchand of Venice” (2004) y



“Wilde Salomé” (2011).

Producida para IN.2, la rama europea de Infinitum Nihil, la productora propiedad de Depp, supone el regreso del actor detrás de las cámaras después de su debut con “The Brave” (1997), un proyecto en el que dirigió a Marlon Brando y en el que Depp también actuó.

Además de este proyecto, el pasado julio se conoció que la estrella de “Pirates of the Caribbean” regresaba a la

interpretación tres años después del filme “Minamata” para encarnar al rey Luis XV en el drama histórico “Jeanne du Barry”, dirigido por la francesa Maïwenn Le Besco.

Depp busca volver a la normalidad profesional tras el mediático juicio que lo enfrentó a su exesposa, la actriz Amber Heard, y en el que un jurado determinó que ésta había difamado al actor en una columna de opinión publicada en el diario The Washington

Post en el que decía haber sido víctima de violencia doméstica.

El tribunal consideró que tres afirmaciones de Heard en este artículo eran falsas, se habían hecho con “malicia real” y le exigió que compensara a Depp con 10 millones de dólares por daños y perjuicios y con 350,000 dólares por daños punitivos.

Por su parte, el intérprete fue condenado a pagar 2 millones debido a unas declaraciones de su abogado, Adam Waldman, en

las que acusaba a Heard de haber fabricado un “bulo”.

Ahora, el actor de “Sweeney Todd” parece haber encontrado cobijo en producciones europeas y con “Modigliani” vuelve a implicarse en una película sin aparecer directamente en escena, como ya hizo en “Hugo” (2011) y “Crock of Gold: A Few Rounds With Shane MacGowan” (2020), en las que estuvo a cargo de la producción.

Muere la actriz Anne Heche, tras una semana del trágico accidente en Los Ángeles

La actriz estadounidense, Anne Heche, murió tras una semana tras estrellarse en su vehículo en Los Ángeles, California.

La muerte fue anunciada por su amiga Nancy Davis en una publicación de Instagram y posteriormente confirmada por su familia, que ya había avanzado que se encontraba en coma desde hacía varios días y con escasas posibilidades de supervivencia.

Heche, que mantuvo sonadas relaciones con la actriz Ellen DeGeneres y el actor James Tupper, saltó a la fama a finales de la década de 1980 con su retrato de Vicky Hudson y Marley Love en la telenovela “Another World”, por la que ganó un Emmy.

Luego protagonizó varias películas independientes – “Psycho” (1998), “I Know What You Did Last Summer” (1997), “Six Days, Seven Nights” (1998) – y llegó a estar nominada a un Tony por la obra de Broadway “Twentieth Century”.

La actriz fue ingresada en el Hospital West Hills el viernes 5 de agosto, cuando su Mini Cooper azul se estrelló contra una vivienda en la zona de Mar Vista (Los Ángeles) y el vehículo acabó envuelto en llamas.

De acuerdo con la Policía, el automóvil iba a tanta velocidad



que se salió de la carretera y ardió al chocar contra el inmueble, provocando graves quemaduras a Heche.

Antes del incidente, varias cámaras de seguridad la grabaron conduciendo de manera temeraria por una zona

residencial.

De hecho, se vio implicada en dos accidentes al chocar primero contra un auto y después contra un garaje del que huyó mientras un vecino le gritaba, según se aprecia en un video difundido en internet.

Por otro lado, la Policía de Los Ángeles (LAPD) está investigando si la actriz conducía bajo los efectos de las drogas antes del accidente de tráfico.

La Oficina de Información Pública de la Policía angelina confirmó este jueves a los

medios de comunicación que los análisis de sangre revelan la presencia de drogas, aunque se necesitan “pruebas adicionales para descartar otras sustancias administradas en el hospital

PRIVILEGIO

¿Cómo ver en línea el tercer capítulo de El Privilegio de Mandar?

El pasado lunes 15 de agosto a las 10 de la noche se estrenó el tercer capítulo de la cuarta temporada de la exitosa serie El Privilegio de Mandar; si te lo perdiste puedes verlo completo dando clic aquí.

La nueva temporada de El Privilegio de Mandar, la aclamada serie cómico-satírica que caricaturiza y parodia los sucesos de la vida política del país se transmite en exclusiva todos los lunes a las 10 de la noche desde N+ Media, el canal de streaming de noticias que puedes ver desde la plataforma ViX y por medio del sitio nmas.com.mx.

¿De qué trató el tercer capítulo de El Privilegio de Mandar?

Cada episodio de El Privilegio de Mandar es la síntesis de lo acontecido alrededor de las figuras más representativas de la política nacional durante la semana anterior, con guiños a elementos de la cultura pop, como programas de televisión, películas y series en tendencia que nos garantizan muchos momentos de diversión.

En esta ocasión, el tercer episodio tiene como hilo conductor la reunión entre Peña, Felipe y Vicente, quienes se



reúnen para ver El Privilegio de Mandar; también conocimos los planes del Señor “X” para terminar con Andrés Manuel en 2024 y disfrutamos con las fotos y anécdotas de los viajes de

Marcelo alrededor del mundo; y por medio del musical “Pejelina” conocimos la historia del amor de verano entre una joven llamada Patria con Dany Manuel, entre otras divertidas parodias.

Para esta temporada el elenco estará integrado por grandes actores y exponentes de la comedia como Cristian Ahumada, Arath de la Torre, Eduardo España, Pierre Angelo,

Macaria, Claudio Herrera, Herson Andrade, Fernanda Ostos, Yeka Rosales, Juan Frese, Hugo Alcántara, Yekaterina Kiev y Rocío de Santiago.

Luto en el espectáculo: Muere Amparín Serrano, exintegrante de Flans y famosa diseñadora

Luto en el espectáculo, falleció Amparín Serrano, exintegrante de Flans y famosa diseñadora.

La diseñadora gráfica murió a los 57 años, se desconocen las causas del deceso.

Extraoficialmente se mencionó que falleció tras varios días hospitalizada debido a un “accidente doméstico”.





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Falcons - 27 Lions - 23 preseason !!!

Last Friday, the Detroit Lions held their first preseason game of the 2022 season, against the Atlanta Falcons. The starters for the Lions, played well for the short time they were in the game. The Detroit Lions, lost to the Atlanta Falcons 23 - 27, due to a fumble by the Lions QB and the Falcons scoring, a late game winning touchdown. The Lions travel to the Indianapolis Colts, on Saturday, August 20th at 1:00 pm, and Pittsburgh Steelers, on Sunday, August 28th at 4:30pm. The Lions start the 2022 season at Ford field, hosting the Philadelphia Eagles at 1:00 pm (FOX).

Photos below are from the Deroit Lions vs. Atlanta Falcons at Ford Field

Photos by: Mike Alberts/ EL CENTRAL



Detroit Lions number 1 draft pick (second pick, and former University of Michigan Wolverines star) DL #97 Adrain Hutchinson, makes his debut with the Lions



Detroit Lions RB #32 D'Andre Swift, making a play to score a TD. Swift had 4 carries for 20 yards with 1 TD



Detroit Lions QB #16 Jared Goff, gets ready to pass. Goff was 3 for 4 for 47 yards



Detroit Lions head coach Dan Campbell watches play



Detroit Lions taking the field for the first time during preseason



Detroit Lions TE #89 Brock Wright makes a play. Wright had 1 reception for 18 yards

Detroit Brawl !!!

Last week, Dmitry Salita, of Salita promotions, presented Detroit Brawl, at the Garden Theater. The event had 7 bouts. The co main event featured Ali Izmailov beating Eric Murguia, for the USBA Light Heavyweight Championship by unanimous decision, and Shohjahon Ergashev beating Angel Martinez Hernandez by TKO in the 5th round (1:24).

Photos below are highlights from the co main event at the Detroit Brawl

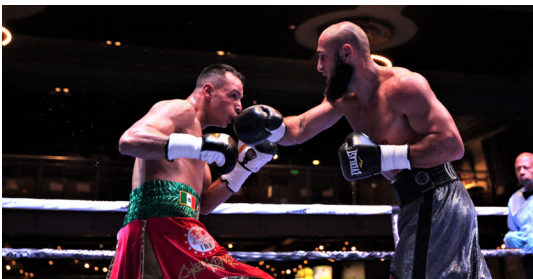
All boxing photos by Bob Ryder (fightnews.com)



Shohjahon Ergashev (23-0, 20 KOs) beat Angel Martinez Hernandez (14-2-2, 14 KOs) by TKO in the 5th round (1:24), promoter/manager Dmitry Salita of Salita Promotions (second on left), and well known Sugar Hill Steward (second from right)



Shohjahon Ergashev vs. Angel Martinez Hernandez



Eric Murguia vs. Ali Izmailov



Ali Izmailov (9-0, 6 KOs) beat Eric Murguia (14-1, 12 KOs) by unanimous decision, promoter/manager Dmitry Salita of Salita Promotions (third on left). Izmailov wearing his USBA Light Heavyweight Championship belt

Late Draw Still Not Good Enough



The City slide continued with yet another draw at home last weekend. Only a late goal by Francis Atuahene rescued a point for the slumping home team at Keyworth. In front of yet another packed house of 7,200 plus fans, Detroit City FC continued to struggle in front of goal. At some point, this lack of offense has to be addressed with changes in personnel or tactics or both. One goal against one of the weaker teams in the league simply won't do. There were opportunities to take all three points, not many, but enough to make this another two points dropped at home.

The schedule won't get any easier the rest of the way. Given the results of other games over the weekend, DCFC will play most of their remaining games against teams ahead of them in the table. That starts this week with a trip to Birmingham to face the Legion followed by a home game against top of the league Louisville City. Le

Rouge will still have to go to Louisville, play at home against Tampa, make a long trip to Colorado to play the Switchbacks, and host Miami to finish the season. That's five very hard games.

The frustration has clearly started among the players. There were a number of disagreements on the field last Saturday. In front of the Northern Guard, Antoine Hoppenot yelled at Rhys Williams for playing a ball backwards, when Hoppenot was in plenty of space and had time to push an attack forward. Williams looked tentative much of the game, not willing to take his man one on one with the ball. He has to find the courage to attack. The same goes for Deklan Wynne on the left side. Both wingers were too deep, especially once City went behind early in the second half.

If there is one player in the City ranks least likely to cost his team points,

it is goalkeeper Nate Steinwascher. The City number one has been a pillar of strength all season, giving his team a chance to win most every game. It came as a huge shock that he gave the ball away for the Oakland Roots only goal of the game. Having made two terrific saves before the game was twenty minutes old, it looked like another vintage night between the sticks. Five minutes into the second half, Le Rouge tried to play out of the back, but Steinwascher put the ball right on the foot of Oakland's Charlie Dennis. The Roots' striker took one touch to control and lashed the second one with his left foot past the hapless goalkeeper.

City's lack of depth showed again. Trevor James didn't have a Plan B ready. His only serious option was to bring on Atuahene for Maxi Rodriguez. He elected not to switch to a back four, either by moving Michael Bryant

into midfield or taking him off in favor of Abdoulaye Diop or Barnabas Tanyi. Atuahene scored his first of the season four minutes from time, but that was all City could muster. At least one corner kick was dangerous as Pato Botello Faz had a header saved off the line by a defender. Set pieces haven't been good enough.

Prior to the game, DCFC announced one signing that might help the attack. Forward Yazeed Mathews, who has been with the club off and on for the last four years, signed for the rest of 2022. He scored a spectacular winner at Chattanooga last year in a NISA game. That predatory instinct has been sorely missing this season. On Monday, the club also signed 37 year old Scottish defender Richard Foster as a player-coach for the rest of 2022. Foster spent much of his playing career in the Scottish Premier League, appearing for Rangers,

Aberdeen, Ross County, and St. Johnstone, with a season at Bristol City in the English Championship mixed in. He will add some depth to the back line and the coaching staff with his UEFA "A" license.

The league and federation will have to approve the two transactions before the new players are eligible to appear. It can't come soon enough. The main starters are looking tired. A long season with little squad rotation has sapped their energy. Three games in eight days won't help that. At least they picked up a point on eighth placed Tulsa and have a game in hand. However, DCFC now holds the last playoff spot in the Eastern Conference, because Miami has jumped over them. This will be a massive week for the club. They have to find a way to get a win.

Detroit City FC Tie Oakland Roots SC !!!

This past weekend, Detroit City FC, hosted Oakland Roots SC, at Keyworth Stadium, in Hamtramck, MI. Detroit City tied Oakland Roots SC 1-1. Detroit City FC host, Louisville City FC, at Keyworth Stadium, in Hamtramck, MI, this Saturday, August 20th, at 7:30 pm (WMYD TV20 Detroit).

Photos provided by Detroit City FC (photographer Jon DeBoer)

Photos below are highlights from Detroit City FC vs. Oakland Roots SC



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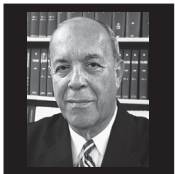
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EDITORIAL OPINION



“The U.S. Stole 1/3rd of Mexico, Period”

By Raoul Lowery Contreras

For the three decades I have toiled to spread the truth about Hispanics (or as some call Latinos) I have written about Hispanic heroes, Hispanic countries and Hispanic culture. Thousands of my words have been published.

The history of Hispanics in America as well as the accomplishments and contributions of Hispanics to the U.S. has occupied me for a generation.

So why does the whining of some TexMex political conservatives in a recent OP-ED complaining -- read whining -- bother me?

They complain that a forthcoming exhibit at the National Museum of American History (NMAH) presents an “unabashedly Marxist portrayal of history, religion and economics.”

They are: “Alfonso Aguilar... president of the Latino Partnership for Conservative Principles. Mike Gonzalez is a

senior fellow at The Heritage Foundation. Joshua Trevino is chief of intelligence and research and the director for Texas Identity at the Texas Public Policy Foundation in Austin...”

Some of their complaints have value but most don’t.

Example, they complain that the museum presents as fact that the United States stole one third of Mexico in 1848. But, that is true.

Apparently these three do not know that U.S. Marine officer Archibald Gillespie was sent by President Polk to organize expatriate Americans in San Diego. He was there in civilian clothes when word arrived that Congress had declared war on Mexico. By the time U.S. Marines landed in San Diego, Lt. Gillespie controlled the critical harbor town.

Do these three think that Gillespie was in San Diego by accident? Do they even know who Gillespie was?

They are correct in complaining that the Museum does not recognize the enormously important contributions by New Orleans based Spanish Governor General Bernardo de Galvez and his thousands of troops and ships that defeated the British in battle (Mobile) after battle (Pensacola) and was present with over 40 ships and men at the Battle of Yorktown.

Nor does the museum mention that General Galvez took several of his 40 ships and sailed to Havana from Yorktown where, with the Archbishop of Havana, he raised what would be millions of today dollars in melted down gold and silver wedding rings, jewelry and gold and silver coins and church chalices. They even stripped gold leaf from church walls.

General Galvez took the gold and silver back to Yorktown and presented the millions to General Washington who paid his troops that the Continental Congress had not paid in months.

If these three men really represented Hispanic truth they would simply Google these various subjects, collect clippings and spend a couple of hundred dollars to collate them and

present them to the 535 members of congress pointing out that the “Marxists” at the Museum are insulting at least 63 million Hispanics who want their story told truthfully not by a bunch of communist hacks at the National Museum.

Also, being Texans, they would have to have the courage to copy a particular Texas court case the U.S. Supreme Court decided before it declared segregated schools were illegal; Hernandez v. Texas (1954).

The court declared Mexican Americans to be a “discrete class” (legally discriminated against by the state) in Texas.

Facts: The plaintiff, a Mexican American man convicted of murder by an all white jury, appealed because Texas did not allow Mexican Americans to serve on grand or trial juries.

That case should be honored with a place in this National American History Museum. The Supreme Court decision was made by nine white men. Nonetheless, these three “conservatives” don’t mention history-changing Supreme Court decisions that conservatives don’t like.

That is where these three whiners drop the ball for 63 million American Hispanics. Hernandez v. Texas proves that Mexican Americans fought to the highest levels for justice. That struggle started when Americans decided that it was America’s”Manifest Destiny” to rule all real estate between the Atlantic and the Pacific Oceans.

The President of the United States lied to the American people in 1846. Mexicans did not attack U.S. troops on American territory, it was Americcans who attacked Mexicans on recognized Mexican territory. Ask Congressman Abe Lincoln of Illinois. He proved beyond doubt that President Polk lied to the American people.

The proof was walking around the Mexican city of San Diego, Alta California, in mufti, conspiring to steal California from its rightful owner, Mexico. His name, Lt. Archibald Gillespie. There is an airfield named for him in San Diego which he helped steal for an American President.

These three Texans have no idea. Worse, they whine.

Opinions in this Article are not necessarily those of the Publisher or Editor

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Inspiring Quote of the Week !!!

“Always remember:
Silence and smile are two very powerful tools.” - Paulo Coelho

Prayer for Families

God of love, power and mercy, we ask you to protect and defend our families.

May your grace guide the thoughts and actions of husbands and wives of the world for the good of all their families.

Grand that the young and the children of each family, in pursuit of their human dignity, find solid support, love and understanding, fromt their parents and all of those who care for them.

Bless the families of Southwest Detroit and unite them in love.

Through the intercession of the Holy Family of Nazareth, grant that the church may fruitfully carry out her worldwide mission to protect, care and defend the sanctity and dignity of the family, Through Christ our Lord.

Amen!



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What You Need to Know About Heel Pain

(StatePoint) Very common in adults and on the rise in children, heel pain continues to be the number one reason patients seek care from foot and ankle surgeons. While experts say there are many reasons for heel pain, including bursitis, Achilles tendonitis, bone bruises, fractures, growth spurts and nerve pain, the most common cause is plantar fasciitis, a condition that one in 10 people will suffer from in their lifetime.

According to the American College of Foot and Ankle Surgeons (ACFAS), plantar fasciitis can have serious repercussions if left untreated. Here's what to know:

What is Plantar Fasciitis?
Plantar fasciitis is an inflammation of the band of tissue (the plantar fascia) that extends from the heel to the toes in which the fascia becomes irritated and then inflamed. Symptoms include pain on the bottom of the heel, pain in the arch of the foot, and swelling on the bottom of the heel. For many, the pain is worse upon arising and increases over a period of months.

A telltale sign of mechanical issues in the foot, those with overly flat feet or high-arched feet are more prone to developing plantar fasciitis. Lifestyle factors can also play a role. Wearing non-supportive

footwear on hard, flat surfaces puts abnormal strain on the plantar fascia. This is particularly evident when one's job requires long hours on the feet. Obesity and overuse may also contribute to plantar fasciitis.

How is it Treated?
"We typically treat plantar fasciitis conservatively, at first," said Michael J. Cornelison, DPM, FACFAS, a foot and ankle surgeon and president of the American College of Foot and Ankle Surgeons. "This can include a combination of remedies, including rest, exercises that stretch the calf muscles, orthotics, icing the heel, over-the-counter medications like ibuprofen, supportive footwear and physical therapy."

Most patients respond well to conservative treatments. However, depending on the severity of the plantar fasciitis, additional therapies may be required, including:

- Injection Therapy: Growth factor injections and platelet rich plasma injections are used to boost the body's healing response and help repair injured tissue.
- Shockwave Therapy: This in-office treatment uses sound waves delivered over the skin to slightly damage the tissue and stimulate the body's natural repair process. This helps the plantar fasciitis heal and relieves



pain symptoms without making an incision. Patients can expect to be up and moving immediately after treatment, but it may take three to six months to see results.

- Ultrasonic Treatment: In this newer procedure, a small incision is made into the heel of the foot and a probe directs ultrasonic energy at the fascia to break down bad tissue and help the healing process. A diagnostic ultrasound tool is used to create an image of the inside of the foot and guide the probe. Patients may need to wear a boot immediately after the procedure

for up to two weeks and they can expect to see improvements anywhere from three to six months after the procedure.

- Surgery: Also called a plantar fasciotomy, this minimally invasive, minimally traumatic surgical treatment involves making a small incision through the heel into the damaged tendon to try to lengthen it and relieve tension. Patients tend to recover in six to 10 weeks, but it may take up to three months to resume exercise and more vigorous activities.

No matter what kind of

treatment a patient undergoes, the underlying causes that led to the condition may remain. Preventive measures, such as wearing supportive shoes, stretching and using custom orthotic devices, are the mainstay of long-term treatment for plantar fasciitis.

For more heel pain information and to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website for the American College of Foot and Ankle Surgeons.

Esto es todo lo que sabemos sobre el henipavirus detectado en China

En China se han detectado 35 casos de infecciones por henipavirus. Te contamos a continuación todo lo que debes saber sobre esta enfermedad.

El henipavirus es una clase de virus cuyo repositorio natural son los murciélagos de género Pteropus, conocidos como "zorros voladores". Este virus puede causar una enfermedad zoonótica, esto significa que puede saltar entre especies animales o hacia los humanos.

Este virus puede contagiar a caballos y cerdos. En el caso de los seres humanos, provoca una infección caracterizada por fiebre, desorientación y dolor de cabeza.

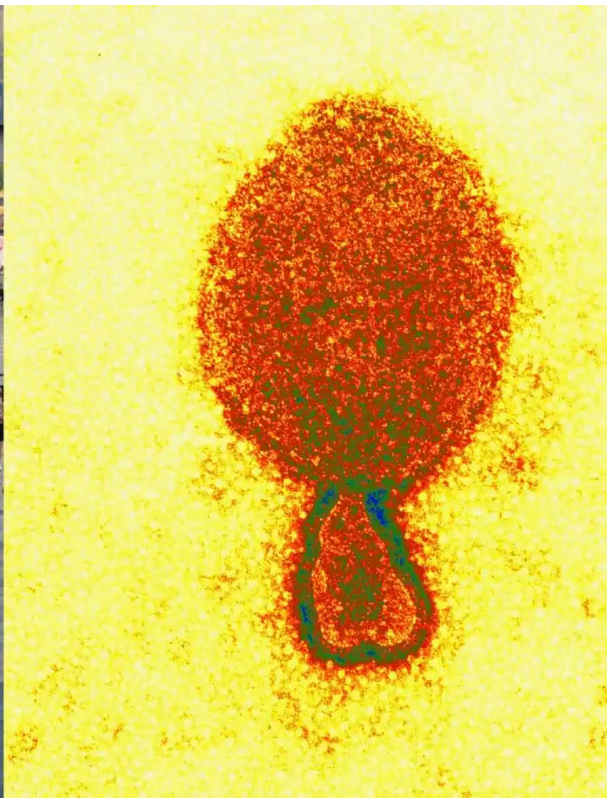
En casos graves, puede provocar encefalitis, según explicó la Organización Mundial de la Salud (OMS) en referencia al virus de Nipah, hermano del henipavirus recién detectado en China.

Los 35 casos detectados fueron dados a conocer en un estudio científico publicado en el New England Journal of Medicine. Según los autores del estudio, ninguna de las infecciones fue grave.

Los casos fueron detectados en la provincias de Shandong y Henan, al este y al centro de China, respectivamente. El diagnóstico llegó tras examinar muestras tomadas en la garganta de los pacientes.

Todos los pacientes habrían tenido contacto reciente con animales. No obstante, solo 26 de ellos habrían presentado síntomas, como son fiebre, cansancio, tos, pérdida del apetito, dolores de cabeza y náuseas.

No existe un tratamiento específico ni una vacuna contra el henipavirus. Hasta el momento, no se han detectado casos de contagios entre seres humanos.





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EL PRESIDENTE BIDEN, LA VICEPRESIDENTA HARRIS Y LOS DEMÓCRATAS

Están trabajando duro para bajar los costos, incluyendo los precios de la gasolina y los medicamentos recetados. Su principal prioridad económica es combatir la inflación. Ayudaron a crear más de **9 millones** de empleos y el desempleo está cerca de su mínimo histórico.

Mientras tanto los republicanos extremistas no tienen ningún plan para ayudarnos:

- ⊗ Votaron contra de medidas para reducir los costos
- ⊗ Quieren poner en peligro programas como el medicare y el seguro social
- ⊗ Estan tratando de imponer una prohibición nacional contra el aborto

Biden y los demócratas luchan incansablemente para proteger a nuestros niños, y gracias a ellos se logró aprobar la mayor reforma de seguridad en el uso de armas de fuego, por primera vez en décadas.

Con los demócratas vamos camino hacia una recuperación sólida y estable. Apoya a los demócratas en noviembre para que puedan seguir luchando por nosotros.

Únete, participa y vota demócrata.

PARA MAS INFORMACION VISITA [DEMOCRATS.ORG/ES/](https://democrats.org/es/)

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